



PREVENTING THE SPREAD OF ILLNESS

Clean hands saves lives
Wash hands for 20 seconds

Good basic personal hygiene and hand washing are very important to help prevent the spread of illness and disease. Clean, safe running water is essential for proper hygiene and hand washing. Bottled or boiled water is also acceptable.

Hygiene is important in emergencies such as a flood, hurricane, or tornado, and especially during infectious disease outbreaks and epidemics.

To prevent the spread of illness:

- Wash your hands often and supervise hand washing of children.
- Good hand washing should occur:
 - Before preparing or eating food
 - After going to the bathroom
 - Before and after cleaning a cut or sore
 - After changing diapers or cleaning up a child who has gone to the bathroom
 - After handling an animal or the animal's toy, leash or waste
 - After handling garbage or items
- Stay away from sewage in yards and flood water (especially children).
- Use a mild bleach solution - **1 part bleach to 10 parts water** to clean toys and other items that may have come in contact with flood waters or germs. Any items, especially toys that cannot be cleaned should be thrown away.

If you get sick:

- See your doctor or health provider as soon as possible, and be sure to follow all their instructions
 - Wash your hands often with soap and clean, warm water for at least 20 seconds!
- Always wash your hands using soap or hand sanitizer after:
 - Blowing your nose, coughing or sneezing into your hands
 - Treating a wound or taking medication
 - Using the toilet
 - Handling soiled clothing or contaminated personal items
 - Before, during and after preparing food
- Avoid touching your eyes, nose or mouth
- Avoid shaking hands and close contact with others (engage in social distancing)
- Cover your mouth when you cough or sneeze
- Drink plenty of fluids and eat nutritious food
- Get plenty of rest

Protect your family. Protect yourself. Prevent the spread of illness!